

We can talk with someone about anything
no matter what it is

MY SAFETY HAND

Think about adults you know who would listen to you, believe and help you to feel safe again. Write their names on the your helping hand.

- ◆ An Adult over 18
- ◆ They are available
- ◆ They will listen to me
- ◆ They will believe me
- ◆ They will take action is needed
- ◆ No Early Warning Signs
- ◆ Feel safe with them

Ideas of people on your network

- ◆ Parents & Family
- ◆ Teacher, school nurse, teacher assistance, chaplain, counsellor
- ◆ Coach
- ◆ Youth leader or social worker
- ◆ Neighbours
- ◆ Friends of Parents

Kids Help Line
1800551800